Core Route Cards — Printable Deck

BOOT

When: morning / M1.
Purpose: select a runnable block.
Output: one block with expected output and boundary.
Stop rule: do not debug the full system.

MAINT

When: M1 / M2 / M3.
Purpose: reduce friction and prepare execution.
Output: repaired context, closed loop, prepared block, or parked item.
Stop rule: no open-ended refactor or deep rebuild.

FOCUS

When: focus blocks.
Purpose: produce evidence.
Output: draft, commit, report, message, deployment, state update, or next pointer.
Stop rule: do not redesign the whole system inside a focus block.

CLOSE

When: end of day.
Purpose: prevent context loss.
Output: smallest useful next pointer.
Stop rule: no full weekly review.

WEEK-GOV

When: Sunday/Monday or weekly anchor.
Purpose: orient the week.
Output: active fronts, routes, blockers, outputs.
Stop rule: do not become quarterly planning unless scheduled.

CARRY-W

When: Friday or Sunday.
Purpose: reconcile active project state.
Output: active fronts with status and next pointer.
Stop rule: do not re-plan the full project universe.

FIN-W

When: Friday and/or Sunday-Monday.
Purpose: prevent missed finance obligations.
Output: paid, registered, replied, deferred, or no-action-needed.
Stop rule: no deep finance analysis unless blocked.

GYM-GOV

When: gym/movement block.
Purpose: keep training governed.
Output: session, recovery decision, or minimal log.
Stop rule: do not redesign the training plan during workout.

HOUSE / CLN-30

When: maintenance or Saturday.
Purpose: prevent physical environment drift.
Output: one improved zone or routine.
Stop rule: 20-30 minutes or one bounded zone.

EXTERNAL

When: Thursday or as needed.
Purpose: change an external surface.
Output: sent, published, contacted, delivered, or feedback requested.
Stop rule: do not polish instead of sending.

CAPTURE-GOV

When: inside review/capture session.
Purpose: route free notes.
Output: action, state, archive, waiting, or discard.
Stop rule: do not process capture on the weekly board.